



NEW(S) HORIZON

A NEWSLETTER FROM THE
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 **Fax** 508-660-7363 **website:** www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING.
OUR NEXT MEETING IS **THURSDAY OCTOBER 24 AT 1:30 PM** AT
THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:

Nutrition programs	VNA Clinics	Dominos
TRIAD	Yoga	Whist
HESSCO Lunches	Outreach Services	Bridge
Podiatrist	Cribbage	Great Trips
Educational	Financial programs	Chair Exercise programs
Knitting group	Writing group	Zumba Gold
Bingo	Veterans Group	Mah Jongg
Transportation for shopping, errands, and medical appointments		
Day of Beauty (September-June)		

**LOOK INSIDE THE WALPOLE NEWSLETTER FOR TIMES AND
DATES OF THESE PROGRAMS!**

For the most up-to-date information, please go on our website at www.walpole-ma.gov
(Once on main page, click on contacts and find the COA)

WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

SAFE DRIVER CHECKLIST

Do you have difficulty seeing clearly in the dusk and dark?

Do headlights from other vehicles obstruct your sight?

Are you easily intimidated by passing vehicles including trucks and motorcycles?

Do you have difficulty reading road signs?

Do you have difficulty following construction detours or seeing the police officer on detail near construction zones?

Do you get drowsy behind the wheel or have difficulty concentrating?

Do you have difficulty hearing other vehicles?

Do you often get lost on once familiar roads?

Do you forget the basics, such as putting on your seat belt?

Are you unsure of your reflexes and reaction time?

Is it difficult to react quickly in certain situations, e.g. braking to avoid a collision?

Have friends, family, or even police officers told you that you aren't a safe driver?

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all.

For more information, contact the Registry of Motor Vehicles at 857-368-8000

**Are you a Hospital Inpatient or Outpatient?
If you have Medicare-Ask!**

Did you know that even if you stay in the hospital overnight you might still be considered an outpatient?

It's important to ask each day about your status in the hospital, as it can be changed (from inpatient to observation, or vice-versus) at any time.

Your **hospital status** (whether the hospital considers you an "inpatient or outpatient") affects how much you **pay** for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility).

You're an **inpatient** starting the day you're formally admitted to the hospital with a doctor's order. The day **before** you're discharged is your last inpatient day.

If you're in the hospital more than a few hours, always ask your doctor or the hospital staff if you're an inpatient or outpatient.

How would my hospital status affect the way Medicare covers my care in a Skilled Nursing Facility (SNF)?

Medicare will only cover care if you get into a SNF if you first have a "qualifying hospital stay".

A qualifying hospital stay means you've been a **hospital inpatient** for at least three (3) days in a row (counting the day you were admitted as an inpatient, but not counting the day of your discharge).

If a Medicare beneficiary is hospitalized under observation status rather than being admitted, the hospital stay will not meet Medicare's three-day (3) inpatient stay requirement.

If the beneficiary enters a skilled nursing facility allowing a hospital stay under observation status, Medicare will not provide coverage in the SNF.

If you go to a skilled nursing facility and have to pay for it yourself, you can try formally appealing Medicare's decision.

The Medicare Advocacy Project can help with appeals. They can be reached through the Massachusetts Senior Legal Helpline.

SAVE THE DATE!!!!

Wednesday

November 6th 1:30 PM - 2:30 PM

**"Norwood Hospital Wellness Tour:
Memory Loss vs. Dementia,"**



featuring Mary Richardson, former co-anchor of WCV TV's *Chronicle* and Norwood Hospital Neurologist Alan Kurland, MD.

OCTOBER TRIPS

OCTOBER 2 WEDNESDAY	LEGACY PLACE	Come and enjoy the shops and the restaurants	Leave Center at 9:30 AM
OCTOBER 3 THURSDAY	CHICKIE FLYNN	Limited Seating Must Sign up at Center	Leave Center at 11:15 AM
OCTOBER 7 MONDAY	ERRAND DAY & WALPOLE MALL COMBINED	Van will take you anywhere in Walpole	CALL CENTER 508-668-3330 to let us know where you need to go.
OCTOBER 7 MONDAY	ROGER WILLIAMS OCTOBERFEST	Breathtaking display of 5,000 illuminated jack-o-lanterns	Leave Center at 5:00 PM \$12.00/senior
OCTOBER 10 THURSDAY	RESTAURANT OF MONTH	Longfellow's Wayside Inn Sudbury, MA	Will Leave Center at 10:30 AM
OCTOBER 16 WEDNESDAY	DAY OF BEAUTY	Pamper yourself with hair sets, color, facials and more!	Van will leave at 8:30 AM
OCTOBER 21 MONDAY	MARKET BASKET	Will be going to the NEW store in South Attleboro	Van will leave Center at 9:30 AM
OCTOBER 23 WEDNESDAY	SHERBORN INN	Enjoy a lovely afternoon of lunch and Entertainment	Leave Center at 10:30 AM \$25.00 /Senior
OCTOBER 24 THURSDAY	WAL-MART	Need a few things, Wal-Mart probably has it.	Call Center to Sign up and van will come and pick you up.
OCTOBER 27 SUNDAY	SHEAR MADNESS - Boston MA	Unique comedy-whodunit play	Leave COA at 2:00 PM \$35.00/senior
OCTOBER 28 MONDAY	TWIN RIVERS	Fills up fast, first come first served	Leave Center at 9:30 AM return at 3:15 PM

OCTOBER SPECIAL EVENTS

OCTOBER 1 TUESDAY	PODIATRIST	Must make appointment at center	1:00 - 4:00 PM
OCTOBER 3 THURSDAY	WALK IN BREAKFAST	Come to the Center and enjoy a home cooked breakfast	8:00 AM - 10:00 AM
OCTOBER 8 TUESDAY	COLLETTE'S TOUR PRESENTATION	Come listen about the southern charm tour that is being offered.	6:00 PM Walpole Library
OCTOBER 9 WEDNESDAY	TRIAD PROGRAM	Come receive a FREE Picture ID	11:00 AM
OCTOBER 16 WEDNESDAY	NY LIFE PROGRAM	How to protect your nest egg	1:00 PM
OCTOBER 17 THURSDAY	WALK IN BREAKFAST	Come to the Center and enjoy a home cooked breakfast	8:00 AM - 10:00 AM
OCTOBER 28 MONDAY	GENTLE MESSAGES	Come and receive a 30 minute massage	10:00 - 2:00 PM \$30.00
OCTOBER 28 MONDAY	ORAL HEALTH Q&A	Medication side effects, oral hygiene tips and more.	12:30 PM

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Stop & Shop ~ AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM Podiatrist 1:00 - 4:00 PM	2 Exercise class 10:00 AM Knitting 10:00 AM Legacy Place 9:30 AM Senior Citizens Club 1:00 Senior Moments Chorus 2:30 PM	3 Walk-in-breakfast 8-10 AM Chickie Flynn 11:15 AM Yoga 10:30-11:30 AM Bridge 1:15 PM Hoops & Needles 6-9 PM	4 Zumba 9:00 AM Bowling 10:00 AM Writing 10:00 AM Bingo 12:30 PM
7 Errand Day & Walpole Mall Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM Roger Williams Pumpkin Tour 5:00 PM	8 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM Collette Tours Presentation 6:00 PM at library	9 Exercise class 10:00 AM TRIAD 11:00 AM Karaoke Craziiness 1:00 PM Senior Chorus 2:30 PM	10 Restaurant of Month 10:30 Yoga 10:30-11:30 AM Veterans meeting 10:00 AM Coffee at 9:00 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6-9 PM	11 Zumba 9:00 AM Bingo 12:30 PM
14 COLUMBUS DAY HOLIDAY C.O.A CLOSED	15 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	16 Day of Beauty 8:30 AM Exercise class 10:00 AM Knitting 10:00 AM NY Life Program 1:00 PM Senior Chorus 2:30 PM	17 Walk in Breakfast 8-10 AM Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6-9 PM	18 Zumba Gold 9:00 AM Bowling 10:00 AM Writing 10:00 AM Fun with Finance 11:15-12:30 PM Bingo 12:30 PM
21 Market Basket 9:30 AM Exercise class 10:00 AM VNA presentation 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM Fall Town Meeting 7:30 PM	22 Stop & Shop - AM Trips Healthy Eating Program 9:30-12:00 Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	23 Exercise class 10:00 AM Sherborn Inn luncheon 10:30 AM Stretch Lessons 1:00 PM Senior Chorus 2:30 PM	24 Wal-Mart ~ AM Trip No Yoga Cribbage 1:00 PM COA Meeting 1:30 PM Bridge 1:15 PM Hoops & Needles 6-9 PM	25 Zumba Gold 9:00 AM Bingo 12:30 PM
28 Twin Rivers 9:30 AM Massage 10:00 AM Exercise class 10:00 AM VNA Blood Pressure 12:30 Oral Health Q&A 12:30 PM Dominos 1:00 PM Mah Jongg 1:30 PM	29 Stop & Shop - AM Trips Walking Club 8:30 AM Whist 12:00 PM Mah Jongg 2:30 PM	30 Exercise class 10:00 AM Movie at Center 12:30 PM Classic Halloween Movie Halloween Stories 1:00 PM Blackburn Hall Senior Chorus 2:30 PM	31 Happy Halloween Walk in Breakfast 8-10 AM Halloween Theme! Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM	 28 days Until Thanksgiving



ABCs FOR BETTER DIABETES CONTROL

Diabetes isn't a walk in the park.
Having high blood sugar can lead to health problems affecting your eyes, nerves, mouth, kidneys and your heart.

The good news? If you have high blood sugar, you can take steps now to prevent or slow the risk for diabetes-related complications later on in your life. Just follow these ABCs

Ace your A1c

If you have diabetes, a hemoglobin A1c test can tell you how well you've managed your blood sugar during the last 3 months.

Bring down blood pressure

Blood pressure that's too high makes your heart work overtime. That can lead to heart disease and stroke.

Cut your cholesterol

Controlling artery-clogging cholesterol can reduce your potential complications from diabetes. The most important cholesterol target is your low-density lipoprotein, or LDL. To keep your heart risks in check, your LDL, or "bad" cholesterol should be less than 100 mg/dl

USING TECHNOLOGY DURING A HURRICANE

Keep your contacts updated across all channels including phone, e-mail, and social media.

Consider creating a group listing of your contacts to keep on hand. Keep extra batteries for your cell phone in your emergency kit. Have a car phone charger for times you lose power.

If running your car to charge your phone, make sure your car is in a well-ventilated location.

Keep your cell phone dry. Water can damage your phone, so keep it safe from the elements by storing it in a waterproof bag or case.

Program "In Case of Emergency" (ICE) contacts into your cell phone so emergency personnel can contact those people during an emergency.

Have a battery-powered radio to monitor the Media.
Remember to listen to your car radio when your home has no power.

Walpole Area VNA will be offering three classes at the Council on Aging this fall.**Monday October 21, 2013 at 1:00 p.m.**

Keep Moving: This class emphasizes the importance and health benefits of keeping moving and is offered by a Physical Therapist.

Monday November 18, 2013 at 1:00 p.m.

Holistic Approaches to stress reduction. This class teaches techniques for stress reduction emphasizing mindful breathing and mindful eating.

HEALTHY EATING FOR SUCCESSFUL AGING – 6 week course

FREE Program includes: Self-assessment and management; Goal setting, problem solving, group support, behavior changes Education and interaction (only 10 spots available)

LESSON

Week 1.....My Pyramid, label reading, exercise
Week 2.....Grains, vegetables, fruits, water, and exercise
Week 3.....Meat, eggs, legume, milk, exercise
Week 4.....Fats, sweets, exercise
Week 5.....Applying skills for grocery shopping
Week 6.....Putting it all together. Meal prep demo

THANK YOU, THANK YOU

A very big THANK YOU to the Walpole Stop and Shop for donating many, many cases of water for this very hot summer!

Thank you to all those who called and let us know about their pianos. The Center appreciates everyone's support and help!!

ROBBINS ROAD COMPOST FACILITY FALL HOURS:

SATURDAYS 8 AM TO NOON JUNE 1ST TO OCTOBER 5TH
 SATURDAYS 8 AM TO 4 PM OCTOBER 12TH TO NOVEMBER 30TH

New Groups!!

Walpole Seniors have expressed interest in starting two NEW GROUPS:

A Tennis Group and A Scrabble Group

If you have any interest in joining either of these, please call the Senior Center.

THOUGHTS

"Young people are the window through which the future enters the world, thus presenting us with great challenges.

Our generation will show that it can realize the promise found in each young person when we know:

How to give them space;

How to create the material and spiritual conditions for their full development;

How to give them a solid basis on which to build their lives;

How to guarantee their safety and their education to be everything they can be;

How to pass on to them lasting values that make life worth living;

How to give them a transcendent horizon for their thirst for authentic happiness and their creativity for the good;

How to give them the legacy of a world worthy of human life;

How to awaken in them their greatest potential as builders of their own destiny, sharing responsibility for the future of everyone."

Pope Francis

WALPOLE CLUB OF MONTH

The Walpole Walkers consists of seniors that want to keep in shape. They walk every Tuesday, Thursday, and Saturday at Bird park. They meet at the church parking lot at 8:30 AM.

The "Walkers" have at least 2 Blue Cross trips each year where they meet seniors from all over the Boston area for a 1 to 3 mile walk. This year we had a meet at Castle Island and in Uxbridge

It is easy to join them, just show up at the church parking lot and introduce yourself.

**THANK YOU**

to all who have been making donations of yarn and/or donations for the purchase of yarn. This is our fifth year of knitting/crocheting afghans, shawls, lap robes, scarfs and caps for the veterans at the Veteran's Administration Hospital in West Roxbury. This year, we have added caps for helmet liners for our troops in Afghanistan. With the help of Jon Cogan, Walpole's Veterans Agent, we have sent a box of the caps to our soldiers in Afghanistan.

We want to invite you to come to a meeting/coffee at the Senior Center in the Town hall from 10:00 to 12:00 on any of the following dates:

October 2nd & 13th

November 6th & 20th

We are working towards our yearly delivery to the hospital in the first week of December. We have done so much knitting/crocheting that our supply of yarn is beginning to dwindle. We ask that you help us if you can, and we thank you for what you have already done for this project.

Gratefully,
 Dolores Efthim, for
 The Knitting Group

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Walpole
Council on Aging
Town Hall
135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330
Fax: (508) 660-7363

Courtney Riley, Director COA
Conchita Geyer, Outreach Worker
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

Meal site
(508) 668-3423

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by a grant from the Massachusetts
Executive Office of Elder Affairs.



*Friends of the Walpole
Elder's, Inc.
P.O. Box 186
East Walpole, MA 02032*

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WALPOLE VNA

The Walpole Area VNA nursing staff
conducts clinics for blood
pressure checks, other screenings and
provides health info at the following
times and places.

**4th Monday of the month -
Walpole Senior Center,
Town Hall 12:30pm**

As well as:

3rd Wednesday of the month -
Norfolk Senior Center 12:30pm

3rd Wednesday of the month -
Norwood Senior Center 12:30pm

4th Friday of the month -
Dover Town Hall 1:00pm

IMPORTANT DATES!!!

**Medicare Open Enrollment begins October 15–December 7
(Changes will take effect on January 1)**

Change from Original Medicare to a Medicare
Advantage Plan.

Change from a Medicare Advantage Plan back to
Original Medicare.

Switch from one Medicare Advantage Plan to another
Medicare Advantage Plan.

Switch from a Medicare Advantage Plan that doesn't offer
drug coverage to a Medicare Advantage Plan that offers
drug coverage.

Switch from a Medicare Advantage Plan that offers drug
Coverage to a Medicare Advantage Plan that doesn't offer
drug coverage.

Join a Medicare Prescription Drug Plan.

Switch from one Medicare Prescription Drug Plan to
another Medicare Prescription Drug Plan.

Drop your Medicare prescription drug coverage completely

Call the Council on Aging at 508-668-3330 to schedule your appointment
with a Shine Counselor